



4 - The Society



6 - SNA Run

# Sailors make transition to CPO at frocking ceremony

**JOSN Jeff Johnstone**  
*CFAS Public Affairs*

Fourteen Sailors reached an important and significant milestone in their Naval careers Friday, Sept. 16, officially making the transition from petty officer to chief petty officer.

The new chiefs were pinned and covered in front of friends, family and peers at the Harbor View Club, marking the conclusion of a rigorous six-week training program designed to prepare them for their new role as senior enlisted leaders.

Emotions abounded as selectees listened to the CPO creed, read by Master Chief Master-at-Arms (SW/AW) Robert Ford, and then received the gold anchors worn by a chief petty officer.

According to Fleet Activities Sasebo (CFAS) Command Master Chief (SS) William F. Lowmon, the gold anchors with the chain and the letters U-S-N symbolize a legacy of tradition, leadership, honor and respect.

"The chain is symbolic of flexibility and reminds us of the chain of life that we forge day by day, link by link. May it be worn with honor, morality and virtue. The anchor is diplomatic of the hope and glory, and the means to keep us steadfast in our faith, and to encourage us to abide in our proper station and miss the storm of temptation, affliction and persecution," said Lowmon during the 'Presentation of Anchors' speech prior to the pinning.

After each new chief was pinned and covered by their families/sponsors, Newly pinned Operations Specialist Chief



MAC (SW) Michael A. Estok (right) is covered by his sponsor, CSC (SW/AW) Wendell James during the CPO frocking ceremony Friday, Sept. 16 at the Harbor View Club. (U.S. Navy Photo by JOSN Jeff Johnstone)



SHC (SW) Raymond Riddley (far right) reads "You Owe Them," to the new chief petty officers. The reading of "You Owe Them" is a tradition at chief petty officer frocking ceremonies. (U.S. Navy Photo by JOSN Jeff Johnstone)

(SW) Gary Hermosura led his fellow chiefs in a spirited rendition of "Anchors Aweigh."

Excitement filled the air following the ceremony, as the Navy's newest chiefs were congratulated by their peers and loved ones.

"I really enjoyed the ceremony," said Chief Mineman (SW) Maurice Perine. "This is the best day of my life, the happiest moment of my life. I'd do this over and over again. I look forward to the new challenges ahead. I've been going through the challenges for 14 years, and I look forward to at least ten more years of challenges."

The new chiefs are fully aware that with their promotion, comes even greater responsibility, and they will be the 'go-to guys' for junior Sailors looking for guidance.

"I think the ceremony was very nice for us, but I think the toughest job is coming our way, and we need to be ready for anything," said Chief Operations Specialist (SW) Gary Hermosura. "Now that we're chiefs, we have to support our troops and be the best we can be as chiefs."

## Transformation office to streamline military health system

**Samantha L. Quigley**  
*American Forces Press Service*

Service members can rest easy that their health care benefits will only improve with the chartering of the Military Health System Office of Transformation, the director of the new office said Sept. 16.

"It's important that service members and [their] families know that they are meant to be the focus of this patient-oriented system of the future," Rear Adm. John Mateczun, Navy deputy surgeon general, said. "There is no intent to lessen the health care delivery that they would see today."

He said patients of the military health care system should notice a more patient-focused manner of delivering service.

The Defense Department announced Aug. 31 that acting Deputy Defense Secretary Gordon R. England had chartered the new office to reform military health services. Eight people will make up the new office: two each from the

Army, Navy and Air Force, and two from the Tricare Management Activity.

Mateczun likened changing the system to building a house. What is to be included in the house as well as the materials to be used must be decided upon, he said.

"[And] you still have to have somebody transform that into a plan so that the contractors and subcontractors will know exactly what to do," he said. "That's what the Office of Transformation's job is going to be. It's kind of like an architect. It's taking the building blocks that have been put together and then drawing the plan."

From that plan, he said, a team that includes the Office of the Secretary of Defense, the services and the Tricare Management Activity will be able to build that new military health system of the future. They will get their raw materials, or building blocks, from the base realignment and closure process, local working group recommendations and medical readiness review initiatives, Mateczun said.

"When all those building blocks come together, you'll have actually four or five different views of how the system needs to transform," he continued. "What (this) office will do will be to take all of those and put them together into a blueprint that the team ... (will evaluate to) make sure that we build the system that we need for the future."

That future, he said, is a military health system that is efficient and can capitalize on the new technologies and drugs that are a result of a constantly changing American health system.

"We want to maintain the very high standard of both battlefield care and the health care systems we have today worldwide," Mateczun said. "But at the same time, make sure that we're doing it as efficiently as we can (by) being good stewards of the money that the American people provide."

### Stop the presses!!!

*Sasebo Soundings* evolves into online publication, *Soundings Online*.

See full story, **Page 2**

### Brief Notes

#### Harbor Cafe goes wireless

The Harbor View Cafe will soon become a **wireless Internet cafe**. Morale Welfare & Recreation (MWR) is currently installing routers.

#### NEX Customer Survey

A NEX customer survey will be ongoing beginning Sept. 30 - Oct. 11. This is a paper survey that will take about ten minutes to complete.

**DUI Counter:**  
55 days as of Sept. 22

## Stop the presses! *Sasebo Soundings* evolves into *Soundings Online*

**JO1(SW) Ron Inman**  
*Sasebo Soundings Editor*

The issue you hold in your hands is the last print issue of *Sasebo Soundings*. As of Oct. 1, the newspaper will transform into *Soundings Online*, an interactive Web site featuring daily updates, full color and archived stories and photos. You can visit the site at <[www.cfass.navy.mil/soundingsonline](http://www.cfass.navy.mil/soundingsonline)>.

The decision to transition to an online publication was made for several reasons. First and foremost, an online publication will allow us to post news updates as they occur, instead of on a weekly basis.

For example, if an event occurs on Thursday, it will not make it into *Soundings* until the following Friday, because we take the paper out to Minato Insatsu, the off-base printing company Fleet Activities Sasebo has a contract with, by Noon every Thursday. Minato produces the paper and delivers it to CFAS late Friday afternoon, which means we have to wait until the following week to publish late-breaking news.

With *Soundings Online*, we will cover a story, come back to the office and write it, edit and post it to the Web site within

a matter of hours, not days or a week.

The second major reason for the change is cost. In 2005, it cost \$18,000 to produce 50 issues of *Sasebo Soundings* – at 2,000 copies per week that equates to 18 cents per copy. Many copies of the paper went unread, sitting at the Main Base post office or Harbor View Club. No business, including CFAS, can afford to run inefficiently.

Third, *Soundings Online* will contain features that a print publication just can't – a scrolling calendar, updated weekly, online links to essential information, an archive of all past issues of *Soundings Online* and featured photos in full color at high and low resolution for download. In the not-too-distant future, the site will also feature access to multimedia products from Commander's Access Channel 12 and AFN Sasebo.

Several people have asked, "What if I don't have a computer and can't access *Soundings Online*? I like to hold the paper in my hands, and bring it home to my family."

Readers will be able to access, download and print *Soundings Online* in

their workplace, since it is an official publication of Commander, Fleet Activities Sasebo. Plans for public kiosks for key locations around base where the public will be able to print free copies of *Soundings Online* are also in the works. Between home, work, and eventual public access, everyone should be able to access *Soundings Online*.

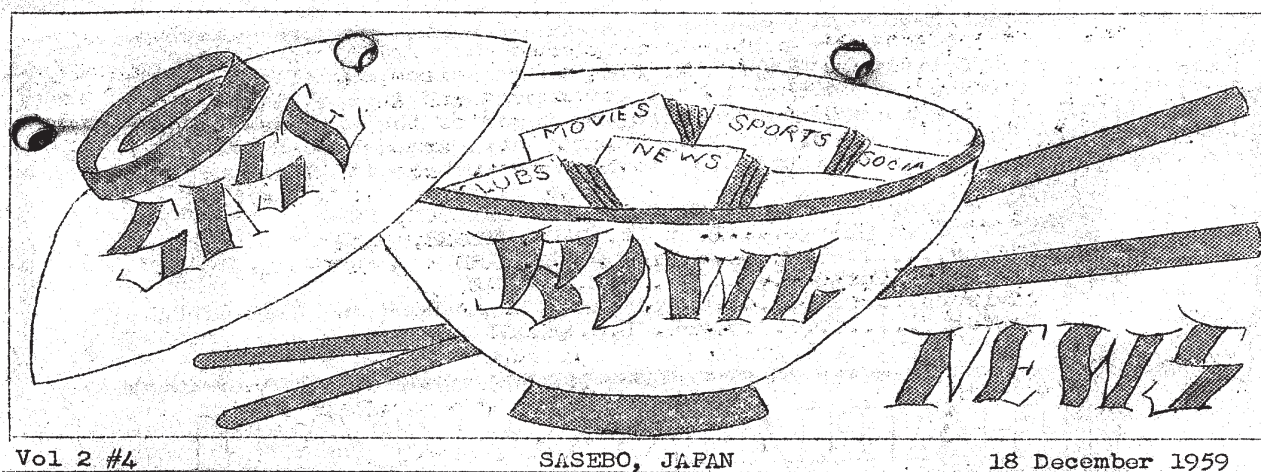
For 47 years, the *Sasebo Soundings* has provided the Fleet Activities Sasebo community with timely news and information. We strive to put out a high-quality product every week. The new format will greatly enhance our ability to do that, and we believe that the community will embrace the new format once they see the results.

As *Sasebo Soundings* editor, I have a tangible sense of loss with the change. So many of my fellow journalists have breathed life into the *Soundings* over the past 47 years, representing our community not just locally but to other commands and services, and the *Soundings* staff has endeavored to live up to that high standard. Our readership includes not just the people on this base,

but the local community, as well. The Sasebo City Office receives copies every week. So do many parents, families, friends and former Sasebo residents all over the world – whether in print or by visiting the CFAS command Web site and reading the online PDF version of *Sasebo Soundings*.

We are closing the door on the legacy of *Sasebo Soundings* in print, but another door is opening to a promising new place, one which will allow us to expand our horizons instead of conforming to limitations. I don't know how many times I have lamented the fact that *Sasebo Soundings* was a black- and-white publication...especially when we had great color photos (such as this year's Fourth of July celebration) which lost their impact when printed in black-and-white. The full-color (*editor jumps up and down, pumping fist in the air in triumph*) *Soundings Online* will be a much more dynamic and useful publication, and we look forward to carrying out our newly expanded mission of providing timelier and more useful news and information to the CFAS community and our readers online, wherever they may be.

### Change is good - The SaseBowl News: December, 1959



## Water — USE SPARINGLY

The Sasebo area remains in a critical situation as regards its water supply. By reducing water usage 40%, there should be sufficient water to last until March, in which month heavy and prolonged rainfall is normally expected. Once the reservoirs have an adequate reserve, the critical situation will be over.

Although military personnel and their dependents have not yet reduced their water consumption 40%, this past week has shown some gratifying results in water conservation. MINRON 3, Dragon Heights and Nimitz Park, as well as all departments, showed significant reduction in the use of water. Dragon Vale, on the other hand, showed an unwarranted increase.

The water hours currently in effect are generous and result in a modest reduction in water usage. Although they do not achieve the essential 40% reduction, it does bring forcibly to the attention of all individuals, the fact that water is a very precious commodity and that most people can get along very well indeed with 50% of the water they normally use so luxuriously.

Think when you turn on that tap or shower -- "Water is a very precious commodity -- Use sparingly" -- then next week will show further improvement in our conservation procedures.

**HOLIDAY ISSUE NEXT WEEK** NEWS DEADLINE 0900 MONDAY, 21 DEC.

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All items for submission must be brought into the *Sasebo Soundings* office in PW 80 or sent by guardmail or MPS, or emailed to [soundings@cfass.navy.mil](mailto:soundings@cfass.navy.mil). The Public Affairs Office, as permitted by the Commanding Officer, reserves the right to edit, omit or change any part of the submission to fit the style of the paper.

Deadline for regular submission is Tuesday at Noon. For more information, call 252-3409 or 252-3485. Address all correspondence to:

**Sasebo Soundings**  
PSC 476 Box 93  
FPO AP 96322-1100

# When it comes to volunteering, try to make your mark!

**FLTCM(SS/SW) R. D. West**  
*U.S. Pacific Fleet Master Chief*

In the wake of any disaster, the news media often showcases stories of the dedicated volunteers who tirelessly give their support to relief efforts, and I've been reading, with great interest, the stories of those volunteers who are currently working to help residents in the South affected by Hurricane Katrina.

Between our fellow Americans who are preparing and distributing food, donating their medical training and experience, helping families reconnect, preparing to rebuild the areas and donating money to help many charitable organizations with their aid efforts, I've been incredibly moved by the outpouring of support from our citizens and, in particular, our military.

Even those who may be criticizing the organization and timeliness of some aspects of the relief are still willing and wanting to help, because many of us have it in our nature to help when the need is present.

Like many Sailors, I have been involved with volunteer work throughout my career, giving my time and money during many of the opportunities that come around, like doing maintenance work at orphanages or donating to the Combined Federal Campaign. And when I ask the others who are volunteering why they chose to do it, the answer is almost always the same. They say it is the most gratifying experience they have ever had. I agree.

I can't just highlight one volunteer opportunity. Every day I either see or read about Sailors or their family members somewhere making a difference by

volunteering. It continually amazes me with so much going on in our great Navy, our Sailors are stepping up to "make their mark" in the community. I went through Hurricane Hugo in Charleston and seeing the military mobilize and assist with the recovery efforts moved me and has stuck with me ever since. But I do know that,



**FLTCM (SS/SW) R.D. West**  
*Pacific Fleet Master Chief*

Unfortunately, sometimes the moments we want to help most are often the times when we feel helpless and don't have an opportunity we can simply sign up for with our command. In the devastation currently being experienced in the South, we may want to go donate our expertise and experience or even to hand out water and food in the shelters, but there are many things that prevent our doing just that.

Because we may not be able to help the way we desire, it doesn't mean we can't help at all. I know many people have been donating money to the hurricane relief efforts, and I've even seen some of my Sailors on staff organizing food, clothing and toy drives and passing around word about helping the Humane Society rescue lost pets. I know that while many people are feeling upset by the circumstances Hurricane Katrina left us with, many are better today because we as a Navy stepped up and volunteered.

As a species, we intrinsically feel happiness when we've helped someone. So imagine feeling that contentment, instead of once or twice a year after a disaster hits but feeling that weekly. And that's possible by taking the initiative to get involved in our communities in ways that go beyond reacting to a crisis.

The Combined Federal Campaign began Sept. 19. This is one of several annual opportunities to give money to a charity whose mission you believe in, which is one of the easiest ways to help out our society. You have the option of researching many charities and seeing how much money you give actually goes to their cause, how they use the funds and who benefits. While not everyone is required to donate, we are all required to be contacted by a Combined Federal Campaign representative.

When you are contacted, you will be given a booklet that lists all of the possible charities the government screens and finds eligible to participate. And even if you don't choose to donate money, I do encourage every one of you to look through that booklet and find some charity that you are interested in.

There are other ways to help other than writing a check. You can volunteer your time or services to one of these groups.

The reward you will receive for the help you are giving to your community is unbelievably worth the few hours a week it takes to volunteer for an organization. You will see how a few hours of your time changes the lives of many people and that will stay with you your entire life.

There are as many volunteer opportunities as there are interests. Most organizations are not simply looking for individuals to answer phones, though those positions are available. Many are looking for individuals with interests or talents in a diverse group of areas such as customer service, deliveries, maintenance, painting, clerical work, photography, gardening, recycling, handling money, crafts, education and web sites.

If you want to take the ultimate initiative, organize a volunteer effort. Perhaps your area hasn't had a bone marrow or blood drive recently, or perhaps you know of a needy school that hasn't been adopted through the Navy's Adopt-a-School program and your command doesn't have a school. Maybe you could get a group together to do a massive project like building a home for a community family.

As Sailors, we are all naturally volunteers – every one of us chose to volunteer our lives to our country, be it for three years or 30 – and I thank those of you who go beyond the call of duty to volunteer your time in your communities as well.

I encourage those of you who have been hesitant about getting involved locally to make that first call or fill out that first volunteer application. I look forward to seeing and working alongside you out there with sleeves rolled up. "MAKE YOUR MARK and Volunteer" ... Hoo-yah!

# Changes in household goods and POV claims for PCSing Sailors

**David Fletcher**  
*FISC Traffic Manager*

Whenever you PCS, there is always a chance that something might be broken or damaged. In an effort to become more efficient at processing your claims quickly, the Navy is consolidating its claims division. Therefore, as of Oct. 1, 2005, Navy Legal Service Office (NLSO) Pacific will no longer be adjudicating claims for loss of or damage to personal property.


This change does not affect turning in the DD form 1840 within 70 days of delivery to your local personal property office located in Bldg 154.2. All other claims paperwork for household goods, personal losses or POV shipments paid by the government will now be processed by the Personnel Claims Unit (PCU) in Pearl Harbor, Hawaii. All claims that are pending on Oct. 1, 2005 will be forwarded to the PCA Claims Branch Office Pacific, 850 Willamette St, Pearl Harbor, HI 96860-5109.

If you have questions, you can contact Pearl Harbor at 1-808-473-1410 ext. 314 or 316, DSN: 473-1410 from 7:30 a.m. - 4:30 p.m. Pacific Standard Time, Monday through Friday, except Federal holidays. The PCU Claims Help Line is also available to answer your questions from 7:30 a.m. - 7:30 Eastern Standard Time

at 1-888-782-7297, Monday through Friday, except Federal Holidays.

There will be no delays in processing your claim at the PCU if you have provided all the information requested and all the appropriate forms are filled out properly. The PCU should be informed of any changes to your phone number, mailing address or email address. If you have suffered a catastrophic loss, such as a fire, or have had essential household goods, like beds and refrigerators destroyed or lost, then emergency advance payments may be available. To request an emergency advance payment, contact the PCU Claims Help Line at 1-888-897-8217. Please know that in order to get this type of payment, you must file a claim, and the Help Line representative will provide you with instructions for the forms needed to get the emergency advance payment and getting the payment from DFAS. If you require more information regarding claims, you can go to <<http://www.jag.navy.mil>> or the NKO Website at <[https://wwwa.nko.navy.mil/portal/page?pag\\_id=pg4020060](https://wwwa.nko.navy.mil/portal/page?pag_id=pg4020060)>

If you have questions about a legal matter or your pending claim, schedule a consultation with an attorney at NLSO Pacific at 252-3347, or call your local Personal Property Claims Office at 252-3154.



## ICE

**WHAT:** The Interactive Customer Evaluation (ICE) is an internet-based customer comment card system that allows you as a member of the DoD community to rate products and services provided by DoD offices and facilities worldwide. Your comment card ratings are used to improve the products and services available to you.

**WHO:** Anyone with a suggestion or a comment on the service they received.

**HOW:** Access the ICE website at [www.cfas.navy.mil](http://www.cfas.navy.mil) and click on the ICE icon.

**WHY:** Your comments and concerns assist in focusing improvements to services delivered to you.

**WHEN:** Anytime

*For more information, please contact CMDR. H.E.Ranard, CFAS Command Chaplain at 252-3380.*

## Chivalry lives on in Sasebo...



Jack Graham, aka Friar Jack, battles it out with Sir Guy Lestrangle, aka Army Maj. Robert Denisio (foreground) Saturday, Sept. 17 at Nimitz Park. Graham and Lestrangle are promoting the Sasebo branch of the Society for Creative Anachronism (SCA). The Society is a world - wide organization that originated in 1964 in Berkeley, Calif., that features full-contact fencing, archery, equestrian activities as well as the study of medieval history.

The Society is comprised of 18 kingdoms located all over the world. Japan belongs to the West Kingdom.

Participants from the Society take their craft seriously.

“The idea is to get the feel of it (the lifestyle), so you can get an idea of what those people (from the Middle Ages) experienced,” said Friar Jack. “We try to do the ideal of it better than it was done in the Middle Ages. We work at being chivalrous and kind, and all the ideals of knighthood.”

“Our group covers all of Japan,” said Denisio. “We have chapters in Sasebo, Misawa, Okinawa and Tokyo. Anyone in Japan, we can meet their needs,” said Denisio.

“There is a subculture within the SCA devoted to the Japanese martial arts,” added Graham.

The Sasebo branch of the Society meets each Wednesday between 6:30 -7 p.m. behind BEQ 151. No experience is necessary. For more information about the Society, or if you’re interested in joining, contact Friar Jack at 252-3059, or log on to <www.sca.org> for the Society’s official website. (U.S. Navy Photo by JOSN Jeff Johnstone)

## Sasebo Sailors participate in fun-filled field day

Task Force 76 Public Affairs

Sailors from Task Force 76 and Fleet Activities Sasebo (CFAS) brought smiles to children of parents stationed in Sasebo Sept. 17 in a day filled with activities called “Fun on the Field.”

Fleet Activities Sasebo’s (CFAS) Religious Ministries Department sponsored the fun-focused event. Sailors from Port Call, a community relations program for single Sailors taking part in Reality Check, organized and participated in the field day.

The inaugural event brought together Sailors and Sasebo pre-teens to spend the day taking part in an assortment of sporting activities, including kick ball, soccer, several water balloon fights and even a peanut butter and jelly sandwich-eating contest.

“I liked all of the things we did,” said Emily, 11, one about 13 youngsters who joined the fun throughout the day. “It was a lot better than staying home.”

The Sailors had as much fun as the kids

did and saw the higher meaning to what they were doing.

“It was good to be out here to better the community and be a good example for these kids,” said Engineman Third Class Mike D. Velarde. “And it was a lot of fun.”

Tina Sparks, Sasebo Boys and Girls Club youth activities director, was impressed with the Sailors enthusiasm and motivation to make the kids’ day.

“It was a wonderful day for all involved,” said Sparks. “I think it was great to get these kids outside and playing for the day. The Sailors really showed that they do care about the community.”

On a warm day, the major highlight of the event was the water balloon fight. Giggles were abundant as the kids soaked each other.

As the activities wound down, the Sailors and the youngsters reflected on the good times. The pre-teens expressed much gratitude and thanks for the fun-filled field day.

## Life after high school: E. J. King encourages college education

Amy Brennan

E. J. King Correspondent

E. J. King High School will be holding its annual College Night on Thursday, Sept. 29, beginning at 5 p.m. At this informative session, E. J. King faculty members and guest speakers will discuss post-secondary education options, college applications, college selection, the college admissions process, financial aid and much more. We hope to see a lot of parents and students at this important event.

College and career exploration should be an ongoing process for all high school students. Especially for E. J. King juniors and seniors, it is time to get going on college searches and applications.

Starting now ensures that innumerable opportunities will not pass you by, including testing dates, scholarship and financial aid deadlines and more.

Additionally, most colleges and universities require students’ SAT or ACT

scores prior to admission. This year, the SAT test will be given on the following dates: Nov. 5, Dec. 3, Jan. 28, May 6, and June 3. Additionally, ACT test dates are Dec. 10, Feb. 11, April 8, and June 10. For registration information for any of these test dates, please contact Ms. Steele in the Student Affairs Office at 252-3072. For more information about these tests and other college-going resources, you may also visit <www.collegeboard.com> or <www.act.org>.

For underclassmen, the PSAT offers students the opportunity to practice taking SAT-type tests, and can qualify students for National Merit Scholarships. Sophomores and juniors will be taking the PSAT on Oct. 12.

If you have any public interest questions regarding E.J. King High School that you would like to have addressed in the Sasebo Soundings, please contact the E.J. King point of contact, Amy Brennan at 252-3059.

# Flavor of the Bayou Katrina Relief Night!

All funds raised, over the cost of the meal, will go to Gulf Coast Relief efforts

A New Orleans themed Jazz and Casino Event at Sasebo's Harbor View Club!

Cajun Buffet, Hot Music, Casino Games, and a "Buy You" Auction!!!

Ticket cost will pay for your admission to the event and your dinner from the Cajun Buffet

Games will include: Roulette, Black Jack, Craps, and Poker!

Friday, 23 September 5:30 ~ 9:30 pm

Harbor View Club's Sakata Room

Casino-style Table Games\*

Ticket price includes admission, food and a chance to win one of several door prizes

Support the Hurricane Katrina Fund by purchasing goods or services at the live auction, "Casino Dollars" for game playing, or by simply making a donation.

\*Casino-style games are for amusement only. "Casino Dollars" are non-negotiable and cannot be redeemed any thing or service. They are for entertainment only.

Funds raised through the purchase of "Casino Dollars," separate donation, or during the auction will be forwarded, by the CFAS Chaplain, directly to the "HMCRS - Hurricane Katrina Relief Fund"

Ticket price represents actual cost for the event, and no portion will be donated to the fund.

Support and sponsorship for this event is provided by: E.J. King High School, Harbor View Association, Harbor View Association, Harbor View Club, Harbor View Association, CTO 76, and many others. HMCRS for Katrina Relief.

PLEASE COME OUT AND SUPPORT HURRICANE KATRINA RELIEF! (We Don't Under the Age of 18 May be Allowed into the Sakata Room for this Event!)

## COMMAND CONNECTION

EVERY TUESDAY 5:30 - 6 P.M.

1575 AM THUNDER RADIO

Effective Oct. 1, hours of operation for the Teen and Pre-Teen Centers will be adjusted to better serve patrons. The new hours are as follows: Hario Teen Center – Monday - Friday, 4-8 p.m., Saturday 3-8 p.m. Hario Pre-Teen Center - Monday - Thursday, 3-6 p.m., Friday & Saturday 3-8 p.m. Main Base Teen Center – Monday - Thursday, 3-6 p.m., Friday & Saturday 3-8 p.m. Main Base Pre-Teen Center – Monday - Thursday, 3-6 p.m., Friday & Saturday, 3-8 p.m. For more information, call 252-3797 or 252-8966.

Due to popular demand, the Hario Fitness Center will open at 5 a.m. effective Monday, Sept. 26 on a trial basis. For more information, call 252-8960.

More clowns than normal will be in town later this month when the Library hosts a gathering of funny faced guests on Saturday, Sept. 24 from 2 to 3 p.m. Snap pictures of your children enjoying games, stories and clowning around with the clowns. There'll be lots of giggles and smiles, even for the older kids. Snacks and refreshments will be provided during this free event. For more information, call 252-2910.

Travel & Tours pros have scheduled a shopping trip to MCAS Iwakuni on Sunday, Sept. 25. Shop all you want at the multi-level MCAS Exchange complex where you'll find a great selection of house wares, apparel for the entire family, shoes, sports equipment, electronics and more. You'll also find a variety of specialty shops there as well. All seats are \$20. For more information, call 252-3433.

Yanagawa City, also known as the “Town of Canals,” thrived as a castle town for the Yanagawa Clan during

the Edo Period (1600-1866) and today it's a 'must see' for visitors who enjoy the fascinating history of Japan. The Travel & Tours Office has arranged another interesting and fact-filled boat tour of Yanagawa and the Ohana Garden on Sunday, Sept. 25. The canals, adorned with willow and cherry trees, wind their way to Ohana, a residential villa built for the fourth-generation Lord of the Yanagawa Clan. Tickets are only \$25 for adults, \$16 for children 6 to 15, and \$8 for youngsters 5 and under. For more information call 252-3433.

Paintball enthusiasts have many opportunities this month to enjoy speedball and ambush competition at Sakibe Field. Sakibe Field, just a short distance from Main Base, offers a wide range of activities and training opportunities, with lots of natural objects for participants to use in competition. The next paintball session is scheduled for Sunday, Sept. 25 from 10 a.m. to 2 p.m. Cost is only \$25 per person. For more information, call 252-3500.

Popular alternative rock band Everclear will appear live at Nimitz Park on Sunday, Sept. 25. The free show will open with a performance by the band 6-1-9 at 3 p.m., followed by Everclear at 7 p.m. Everclear's grunge-punk style was nothing new when the band started generating interest in the mid 90's with solid songs that quickly climbed to the top of the charts. Soon Art Alexakis' timely lyrics were heard loud and clear and loved by screaming teens all across America as the band toured relentlessly from coast to coast. Sparkle and Fade, their second album, soon followed. It was played extensively on alternative radio, highlighting singles "Santa Monica" and "Heroin Girl." *Afterglow* followed in 1997 and *Songs from an American Movie, Vol. 1: Learning How to Smile* came out a few years later. *Songs from an American Movie, Vol. 2: Good Time for a Bad Attitude* quickly followed. Bring your family and friends for an afternoon of great live entertainment, free at Nimitz Park. Sorry, no outside alcohol beverages, glass containers or coolers are allowed in the park.

The hot and heavy rock band "6-1-9," opening act for the live Everclear performance at Nimitz Park on Sunday, September 25, will make a special guest appearance to

perform for you free at Galaxies on Monday, Sept. 26. The joint will be rockin' at 8 p.m. when this high-energy band turns things up a notch or two on the main stage. Bring your friends and enjoy this great free entertainment program at Galaxies. For more information, call 252-2980.

If you ever wanted to sail off into the sunset but lacked the skill and confidence to haul anchor and hoist the sails, now is your chance to go for it. The Sailing & Outdoor Adventure Center will conduct a six-hour Basic Sailing Class on Sunday, Sept. 25 so you can enjoy this great outdoor sport safely and with confidence. The class will take place from 10 a.m. until 4 p.m. Cost is only \$35 per person. For more information, call 252-3500.

One of the best ways to discover the many interesting and beautiful places that Japan has to offer is by car and the best way to do that is with a nice, clean and comfortable RV from the MWR Sailing & Outdoor Adventure Center. Not certified to drive an RV? No problem. For only \$25 (which will be applied towards your first RV rental), you can get RV certified in no time at all thanks to the professionals at the Sailing & Outdoor Adventure Center. They've scheduled another RV certification class on Thursday, Sept. 29 from 4 to 6 p.m. For more information, call 252-3500.

Experience the great outdoors while you're in Japan. Sign up today at the Sailing & Outdoor Adventure Center for the spectacular hike up Mt. Akasaki scheduled for Friday, Sept. 30 from 4 to 6 p.m. Cost is only \$5 per person. Even if you've never been on a hike before, you should consider signing up for this one. It's great for the whole family. You may also want to enjoy a hike up to Yasumandake/Senryu Waterfall. They have one scheduled for Saturday, Oct. 1 from 10 a.m. to 3 p.m. Cost for this hike is only \$12 per person. For more information, call 252-3500.

Stop by the Spare Time Recreation Center Friday evening, Sept. 30 and join the 9-Pin No Tap Bowling Tournament. Cost is \$15 per bowler. You must be 18 years or older to participate. The 4-game tournament will get underway at 6:30 p.m. Your highest three games will be taken for your total score and the highest total pinfall determines the winner. Total number of participants determines prize money. For more information, call 252-3634.

**Schedule for September 23 - October 2**

**SHOWBOAT**  
 Telephone: 252-3822

**FRIDAY, SEPTEMBER 23**

6:30 p.m. (PG) • \* Sky High  
 9:30 p.m. (PG-13) • \* Must Love Dogs  
 Midnight (R) • Wedding Crashers  
*\*Premiere*

**SATURDAY, SEPTEMBER 24**

6:30 p.m. (PG) • Sky High  
 9:30 p.m. (PG-13) • Must Love Dogs  
 Midnight (PG-13) • Fantastic Four

**SUNDAY, SEPTEMBER 25**

6:30 p.m. (PG-13) • Must Love Dogs  
 9:30 p.m. (R) • Wedding Crashers

**MONDAY, SEPTEMBER 26**

6:30 p.m. (PG) • Sky High

**TUESDAY, SEPTEMBER 27**

6:30 p.m. (PG-13) • Must Love Dogs

**WEDNESDAY, SEPTEMBER 28**

6:30 p.m. (R) • Hustle and Flow

**THURSDAY, SEPTEMBER 29**

6:30 p.m. (PG-13) • Dark Water

**FRIDAY, SEPTEMBER 30**

6:30 p.m. (PG) • \* Tim Burton's Corpse Bride  
 9:30 p.m. (R) • \* Deuce Bigalow: European Gigolo  
 Midnight (R) • Wedding Crashers  
*\*Premiere*

**SATURDAY, OCTOBER 1**

6:30 p.m. (PG-13) • The Dukes of Hazzard  
 9:30 p.m. (R) • Deuce Bigalow: European Gigolo

Midnight (R) • Hustle and Flow

**SUNDAY, OCTOBER 2**

6:30 p.m. (PG) • Tim Burton's Corpse Bride  
 9:30 p.m. (R) • \* The Great Raid  
*\*Premiere*



**SKY HIGH (PG)**  
*Starring: Michael Angarano, Kurt Russell, Kelly Preston, Lynda Carter and Danielle Panabaker*  
 When you're the son of the world's most legendary superheroes The Commander and Jetstream, there is only one school for you - Sky High, an elite high school that is entrusted with the responsibility of molding today's power-gifted students into tomorrow's superheroes. The problem is that Will Stronghold is starting with no superpowers of his own and, worst of all, instead of joining the ranks of the "Hero" class, he finds himself relegated to being a "Sidekick."

**CHARLIE AND THE CHOCOLATE FACTORY (PG)**  
*Starring: Johnny Depp, Freddie Highmore, David Kelly, Helena Bonham Carter and Deep Roy*  
 Charlie Bucket, a boy from an impoverished family under the shadow of a giant chocolate factory, wins a candy bar contest and is given a tour, along with four other children, of the amazing factory fun by the eccentric Willy Wonka and his staff of Compa-Loompas.

**HUSTLE AND FLOW (R)**  
*Starring: Terrence Dashon Howard, DJ Qualls, Ludacris, Anthony Anderson and Taryn Manning*  
 Feeling that his life won't amount to anything, a Memphis hustler struggles to create rap music with a little help from his friends.

**DEUCE BIGALOW: EUROPEAN GIGOLO (R)**  
*Starring: Rob Schneider, Eddie Griffin, Edwin Afolo, Til Schweiger and Jean Reno*  
 Deuce Bigalow is seduced back to his unlikely pleasure-for-pay profession, when his former pimp T.J. Hicks is implicated in the murders of Europe's greatest gigolos. Deuce must go back to work in order to clear his good friend's name. Along the way, he must compete against the powerful European Union of prosti-dudes and court another bevy of abnormal female clients including the beautiful Eva, who suffers from acute obsessive-compulsive disorder.

Movie schedule is subject to change without notice.

**HARIO VILLAGE**  
 Telephone: 252-8753

**FRIDAY, SEPTEMBER 23**

6:30 p.m. (PG) • Charlie and the Chocolate Factory  
 9:30 p.m. (R) • Hustle and Flow

**SATURDAY, SEPTEMBER 24**

2 p.m. (PG-13) • The Bad News Bears  
 6:30 p.m. (PG-13) • Dark Water  
 9 p.m. (R) • Hustle and Flow

**SUNDAY, SEPTEMBER 25**

2 p.m. (PG-13) • Stealth  
 6:30 p.m. (R) • Hustle and Flow

**THURSDAY, SEPTEMBER 29**

6:30 p.m. (PG-13) • The Island

**FRIDAY, SEPTEMBER 30**

6:30 p.m. (PG) • Sky High  
 9:30 p.m. (PG-13) • Must Love Dogs

**SATURDAY, OCTOBER 1**

2 p.m. (PG) • Charlie and the Chocolate Factory  
 6:30 p.m. (PG) • Sky High  
 9 p.m. (PG-13) • Must Love Dogs

**SUNDAY, OCTOBER 2**

2 p.m. (PG-13) • Must Love Dogs  
 6:30 p.m. (R) • Wedding Crashers

FEATURED PREMIERE

Must Love Dogs

(PG-13)

Sarah Hurlbly, a divorced preschool teacher who has sworn off dating after her bad breakup, finds her family pushing her back into the dating world. Her sister places a personal ad for her, declaring that anyone answering it "must love dogs," despite the fact that Sarah doesn't own a dog herself. When someone intriguing responds to the ad, she decides to borrow Mother Theresa, her brother's dog, and plunge in.



*Starring: Diane Lane, John Cusack, Elizabeth Perkins, Christopher Plummer & Dermot Mulroney*

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7. This card has no expiration date.
8. No cashbacks, trailers, trailers, trailers or trailers are allowed in the theater.
9. No outside food or beverages allowed.
10. CINE-PASS is for use at the Showboat & Village Theater.

# Surface Navy Association holds family fun run/walk

**JOSN Adam R. Cole**  
*Task Force 76 Public Affairs*

Sasebo’s Surface Navy Association (SNA) gave Sasebo surface warfare Sailors and their families a chance to lace up their running shoes to participate in a very meaningful 5K Sept. 15 whose proceeds, more than \$1500 in all, went to the American Red Cross’s Hurricane Katrina Relief fund.

Task Force 76 and Fleet Activities Sasebo (CFAS) Sailors were among the more than 260 participants, including

Guillory, a native of New Orleans, thanked the participants for the efforts in helping Hurricane Katrina victims.

“What you’re doing here, as far as Hurricane Katrina relief, is going to a lot of people who need it desperately,” Guillory added. “I know if they were here right now, they would thank you for your generosity.”

Also present were Capt. Martin J. Keaney, USS Essex (LHD 2) commanding officer, Cmdr. Michael T. Talaga, USS Fort McHenry (LSD 43) commanding officer, Lt. Cmdr. Timothy A. Crone, USS



Rear Adm. Victor Guillory addresses race participants prior to the run. (U.S. Navy Photo by JOSN Jeff Johnstone)



Race participants await the starting gun to begin the Surface Navy Associations’ 5k Family fun run/walk Thursday, Sept. 15 at the entrance to Nimitz Park. (U.S. Navy Photo by JOSN Jeff Johnstone)

three dogs, six strollers and one baby backpack in the first-ever SNA 5K Family Fun Run/Walk, an event that pushed participants for two-and-half laps around the outer edge of Nimitz Park.

Rear Adm. Victor G. Guillory, Commander, Amphibious Group ONE/ Task Force 76 (CTF 76) gave the opening remarks to kick off the 5k family run and the official starter for the race.

“When the Surface Navy Association was created in 1985, it was created with the intent to bring together surface warfare Sailors and the community-and that’s what’s truly being done today,” said Guillory before the race to Sailors and their families gathered at Nimitz Park.

Harper’s Ferry (LSD 49) executive officer, Capt. Tilghman D. Payne, CFAS commanding officer, and a handful of Japanese nationals, most from the base’s fire department.

Information Communications Electrician Second Class (SW) Kraig Moore, Fort McHenry crewmember, was the overall winner of the 5K, crossing the finish line with a time of 17:42. Moore is an avid soccer player but says he spends most of his athletic moments on a treadmill these days, due to his ship’s rigorous training schedule.

“I did because I knew it would be fun and because it was a good cause,” said Moore. “I think it was really cool that the SNA was able to hold this, and I hope

that we were able to do some good for the hurricane victims.”

After the race, participants joined together to celebrate the rest of the warm Sasebo afternoon with food, refreshments and music provided by SNA.

“It was great to see so many surface warfare Sailors come out and run and give to this cause,” said Lt. Cmdr. Mike Little, CFAS operations officer and SNA vice president. “I think this event really shows the kind of community we have here in Sasebo.”

Little had nothing but praise for all the Sailors and their families who participated in the SNA 5k. He reiterated that the event was in line with SNA’s renewed

vision to unite Surface Warfare Sailors.

“As you can see,” said Little, pointing to the multitude of Sailors and family members enjoying the festivities, “We are having a good time. For as hard as many of these people work, I think they deserve something like this. And as part of the Surface Navy Association, I feel privileged to be able to offer them this opportunity.”

Sasebo afloat and ashore Sailors interested in joining the Surface Navy Association Sasebo Chapter can contact Lt. Buck Baynard at <baynardj@essex.navy.mil> for more information.

## Safety Corner: Private motor vehicles still our worst enemy

**Charles Carr**  
*CFAS Safety Department*

There were nearly 40,000 traffic-related deaths in the US last year. That equates to a death on our highways every 12 minutes and an injury every 26 seconds.

After analyzing all mishaps, most agencies have all reached the same conclusion:

The primary cause of privately owned vehicles (POV) mishaps is a behavioral problem inherent in the maturity level of the group experiencing the most accidents - 19 to 24-year-old sailors. Young people

in this age group think they are invulnerable. They are not.

So what can a supervisor do to help reduce POV mishaps among our young people? The primary answer is to continually train personnel on hazard identification and control. Most fatal mishaps occur between 10 p.m. and 7:30 a.m. on Friday through Monday.

Speed, alcohol, fatigue, and not using safety belts are the leading causes of severe injury and death. When safety belts are available and used, severity of injuries is less. Risk-management techniques can be used to identify personnel who are at higher risk for POV

mishaps, so the message can be targeted to them. While age is the place to start, it certainly is not a complete picture of who is likely to have the next POV accident.

Looking at other factors that may give an indication of a person’s maturity level will also help define the target group. These factors include:

- Speeders.
- Personnel who have been cited for moving traffic violations.
- Drug and alcohol abusers.
- Personnel with financial or other domestic problems.

These personnel should be identified

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# Task Force 76 Sailors compete in base’s 1st annual triathlon

**JOSN Adam R. Cole**  
*Task Force 76 Public Affairs*

Task Force 76 Sailors joined Fleet Activities Sasebo (CFAS) personnel and their spouses Sunday, Sept. 11 to compete in the base’s first-ever triathlon competition.

Sailors who participated in the triathlon swam for 500 meters, biked for 20 kilometers and then ran for four kilometers. The swim portion of the event was held at the main base pool while the bike and run followed a pre-set course that circled the base.

“This kind of event definitely tests you more than the usual PT session,” said Chief Warrant Officer Ron A. Herb, constable for Naval Beach Unit One. “I think if you can do a competition like this that pushes you in three different ways, you go above and beyond the fitness requirements.”

Herb draws a correlation between the three-sport competition to successfully managing life goals,



Ron A. Herb competes in the triathlon Sunday, Sept. 11. (U.S. Navy Photo by Lt. Erik Reaves)

commenting that reaching fitness goals helps one learn to achieve military goals.

“This is a tough competition, that you have to train for and work toward,” said Herb. “By finishing, you prove that you can attain the goals you set for yourself.”

Sasebo’s Morale, Welfare and Recreation (MWR) fitness department sponsored the athletic event.

Another way that MWR has been challenging Sasebo Sailors and their families to be fit is ‘Splash-n-Dash.’

The athletic event was held throughout the summer months and involves two sporting events, swimming and running. It serves as a launching pad to the triathlon.

“I think the Splash-n-Dash’s that we’ve done sparked people’s interest, where they wanted to take on an even bigger challenge,” said Alec Culpepper, MWR fitness

director. “I think we achieved the challenge aspect with the triathlon and let people have a lot of fun as well.”

One person pushing especially hard for the base to host a triathlon was Lt. Cmdr. Brett J. Blanton, CFAS public works officer. The one-time All Navy tri-athlete wanted to expose Sasebo Sailors to the three - sport experience.

“I think it’s a fun experience,” said Blanton. “The best part I think is to see some of these Sailors perform better, faster than they once did when the summer began.”

**Event Results:**

Male 1st Place: Michael Turoczy - 1:08:22  
Male 2nd Place: Kenneth Costanzo - 1:17:14  
Male 3rd Place: Adam Cole - 1:20:15  
Female 1st Place: Yvette Reaves - 1:12:34  
Female 2nd Place: Heather Faulkner - 1:18:35  
Female 3rd Place: Leanne Faubion - 1:35:49

# NFL week 3 predictions: Steelers vs. Patriots will excite fans

**JOSN Jeff Johnstone**  
*CFAS Public Affairs*

Editor’s Note: The Sasebo Soundings prediction record currently stands at 9 - 5.

**Key games:**  
**Sun. Sept. 25**

**Atlanta at Buffalo**

After a promising opening week win at home against the Eagles, the Falcons dropped the ball against Seattle in week 2. Buffalo was shut down offensively by the ghost of Tampa Bay 2002. Two teams on the rebound go head to head in week 3, with Michael Vick’s speed vs. the Bills’ defense. Buffalo has the home field advantage, and that should be the deciding factor.

**Prediction: Buffalo wins over Atlanta**

**Oakland at Philadelphia**

The Eagles displayed an explosive offense against the 49ers, and look to do the same against the visiting Raiders. The Eagles’ Donovan McNabb passed for 342 yards and Terrell Owens caught five passes for 143 yards. The Raiders stood up to an explosive offense in Kansas City, allowing the Chiefs only six points in the second half. This game should be a dog fight.

**Prediction: Eagles raid Oakland**

**Jacksonville at N.Y. Jets**

Jacksonville had a solid outing last week, holding an explosive Indianapolis Colts offense to ten points. They’ll look to shut down Chad Pennington and the Jets. To do that, Byron Leftwich will have to have another big game like he did last week, throwing for 198 yards against an improved Colts defense. Fred Taylor missed the 100 yard mark, but if he can have a solid game, it should help Leftwich out. The Jags’ defense should do their part.

**Prediction: Jacksonville tops the Jets**

**Cincinnati at Chicago**

The red hot Bengals travel to chilly Chicago to visit the Bears. Chicago looked like the “Monsters of the Midway” (at least against hapless Detroit) last week. The Bengals’ Carson Palmer picked apart the Vikings’ suspect defense last week, going 27-40 for 337 yards. The Bears’ defense is no pushover, so we’ll see if Palmer can keep his hot hand.

**Prediction: The Bengals beat the Bears**

**New Orleans at Minnesota**

The Saints come off a disappointing loss to the Giants last week, and are hungry to get back on track. The Vikings, though

only in week 3, are digging themselves a deeper hole. Quarterback Daunte Culpepper threw five interceptions in a



Cincinnati’s Carson Palmer had a tremendous game against Minnesota. He’ll look to lead them on to even more success this week, as the Bengals travel to Chicago to face the Bears. (Photo courtesy of <www.newyorkjets.com>)

loss to the Bengals, and has to know he can’t provide the Saints with a similar favor. Vikings’ coach Mike Tice is under fire, Culpepper’s confidence is bordering on shot, and the defense couldn’t stop an angry bingo mob.

**Prediction: The Saints march over Minnesota**

**Tampa Bay at Green Bay**

The cheese heads aren’t happy in

Wisconsin, and the Packers aren’t giving them a reason to be. This stadium could clear out by the third quarter, with the Bucs looking like they did in 2002. Two words: Cadillac, Cadillac!! Carnell Williams will run over the Packers.

**Prediction: Tampa Bay over Green Bay**

\*\*\* (Upset pick of the week!!!) \*\*\*

**New England at Pittsburgh**

The Steelers are having as good a start as they had last year, and look to hand the Patriots their second straight loss at Heinz Field. Patriots coach Bill Belichick more than likely has kept his team focused and unrattled from their loss to the Panthers. New England dropped a regular season game to the Steelers during last year’s regular season, but avenged that loss in the playoffs. The Steelers defense will keep them in this one. It should be interesting to see if New England can slow down hard charging Willie Green.

**Prediction: Pittsburgh edges New England**

FROM THE BENCH

with hosts

Isaiah Mincks

Dennis Lebling and Dave Glazier

Thursday mornings 8:00 – 9:00

**Upcoming Sports Events**

**What:** Fall Intramural Basketball League  
**When:** Tuesday, Oct. 4  
**Where:** Fleet Gym  
Rosters Due By Wednesday, Sept. 28.

**What:** Fall Intramural Flag Football League  
**When:** Tuesday, Oct. 11  
Team rosters are due Wednesday Oct. 5. Coaches meeting at the Fleet fitness Center on Thursday October 6 at 5:30 p.m.

**What:** Columbus Day Weekend Golf Tournament  
**When:** Saturday, Oct. 8, 7:30 a.m.  
**Where:** Tsukumo Golf Course.